



# The Wellbeing Club

Does your child find the transition from school to home challenging? Would your child like to learn how to unwind and de-stress? Then why not sign up your child for the new Wellbeing Club every Thursday from 3.30pm to 4.30pm in the Garden Room with TA Mrs Garsden.

The club is an hour session designed to provide a small number of students with a peaceful and relaxing environment after the school day ends. The focus of the club will be on activities like mindfulness exercises, light yoga, reading, creative arts or simply spending time in a quiet space. It will be an excellent opportunity for pupils to practice self-regulation, manage stress and develop coping strategies in a fun and non-competitive setting.

If you feel your child might benefit from this club, please contact Mrs Garsden by emailing [k.garsdenwellbeingclub@yahoo.com](mailto:k.garsdenwellbeingclub@yahoo.com). Places will be limited so sign up now. Cost will be £56 for 7 sessions as follows:

May 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>

June 12<sup>th</sup>, 26<sup>th</sup>

July 3<sup>rd</sup>